



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

7 Critical Elements to Make Your Practice FUN

1. Make your practices fast paced.
 - a. Kids enjoy fast paced drills and practices. They don't like waiting around and they lose focus when things are moving slowly. So, you must keep them moving at all times. Your players should not be standing in lines waiting. They should move from drill to drill efficiently, and they should participate in drills that are highly active and fast paced.
2. Set your players up for success.
 - a. Position your players to experience success, otherwise, they'll become discouraged and lose their enthusiasm. The simple fact is that ALL young players need to enjoy success at some level, and it's your job to set them up for achievement, be it large or small.
3. Establish discipline.
 - a. In order for your players to have fun, there must be order and discipline. This will allow you to run a smooth and organized practice, giving everyone the opportunity to learn and enjoy themselves in a safe and productive environment.
4. Get your players' attention.
 - a. Make practice FUN! Young players have very short attention spans, so it can be difficult to grab their attention and hold it. However, it's important to be able to do so to run a productive practice.
5. Structure your practice properly.
 - a. It's tricky for new coaches to know how to organize a practice—when to give breaks, when to use certain drills and for how long. But a good structure can break up the monotony, save time, and keep things flowing smoothly.
6. Stay positive and upbeat.
 - a. Your mood can be contagious. If you're down, your players will pick up on it, which makes for a miserable practice. Everything starts with you, so keep a positive and upbeat attitude and the team will follow suit.
7. Make your drills fun.
 - a. To develop basketball skills, you MUST run drills. There's just no way around it. Drills should account for at least 75% of your practice time. If your drills are boring, 75% of your practice will be boring.